



Support the INShape HepSteppers at the American Liver Foundation Walk!

Here's how:

1. Go to www.active.com/donate/footballwalkin/Hep1steppers and become a fundraiser by joining our team; or
2. Go to www.active.com/donate/footballwalkin/Hep1steppers. and contribute to our team. The walk is a 5K (3.1 mile) route in Fort Harrison State Park in Indianapolis. Included in the walk is all day access to the park. Families are encouraged to participate and bring your pets.

Did you know that one in every 10 Americans is or has been afflicted with one of the nearly 100 types of liver disease? In addition, liver diseases are the 10th leading cause of death in the US, yet many forms of liver disease are preventable.

By supporting of the American Liver Foundation, you help ensure a **brighter future for the millions of Americans afflicted with liver disease**. Your efforts will assist us in raising the dollars needed to fund critical research as well as education and advocacy programs. Join our team today and bring help and hope to the adults and children suffering from liver disease.

For more information contact Cheryl Percy, cpercy@isdh.IN.gov, 317-233-7476